

## **Modern IV**

**Class Length: 1.5 hours**

**Ages 13 & up**

### **Warm-Up/Floor work**

- Uses dynamics while maintaining alignment in warm-up exercises
- Plie including contraction, high release and spiral and Graham plies
- Tendu and degage including spiral, contraction and direction and weight change- always able to return to correct alignment
- Contractions in any position with shoulders over hips
- Know difference between contraction and high contraction
- Breathings and Opening of the leg initiating movement from the spine
- Turns around the back keeping back tall and rising with strength under the legs and hips
- Foot articulation using maximum turnout
- Deep Contractions- initiating spiral from the hips
- Study on 6
- Split stretch using turnout to rotate to 2nd
- Pleading with abs in, toes on the floor, and changing positions

### **Standing**

- Transfer of weight in all directions maintaining hip placement
- Shifting weight in lunges and balances and with releve
- Tic toc turns- moving from hips and suspending the end
- Vibrations on balance moving from core
- Turns in contraction with any position of the leg
- Pretzel into and out of floor with core lifted
- Tilt and tilt turns with lifted leg turned out
- All extensions above 90
- Advanced Horton turns and falls

### **Traveling**

- Triplets with turns and direction changes
- Pitch turn
- Moving into and out of floor without bumps
- Graham falls
- Graham Prances

Questions should be directed to your dancer's instructor, or to August Tye, Artistic Director, at [august@hydeparkdance.org](mailto:august@hydeparkdance.org).

## Level Advancement Expectations 2022

- Bison
- Jumps in 2\* with 2 turned out legs
- Coupe jete en tounant with attitude